

Indust. Miss.

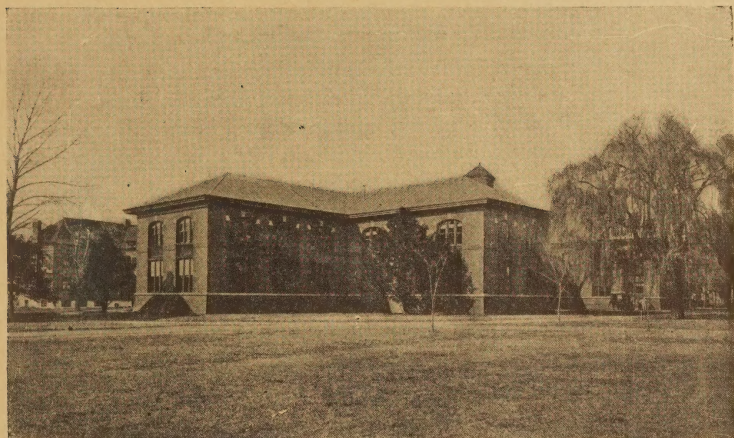
# THE HAMPTON LEAFLETS

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## Domestic Arts at Hampton Institute



WHERE DOMESTIC ARTS CLASSES ARE TAUGHT

ISSUED BY THE HAMPTON NORMAL  
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# DOMESTIC ARTS AT HAMPTON INSTITUTE

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Before giving the details of the work in Domestic Arts at Hampton Institute it will be well to define clearly what is meant by Domestic Arts. As Hampton interprets the subject it includes all work in sewing, dressmaking, millinery, rug weaving, embroidery, economical buying, care of clothing, tasteful and appropriate dressing, household decoration and furnishing, and the study of the condition of women and children in textile industries and garment making.

Any one of the young women graduated from Hampton should be able to care for the wardrobe of her entire family, to do her part towards saving, by repairing and buying economically, to make her home tasteful and attractive, and to help her less fortunate neighbors.

The first year of a girl's life at Hampton is spent in working during the day and going to school at night. Though she does not come into the actual sewing classes, she enters at once the Domestic Arts Department, as she is taught to mend in the laundry, to take care of her own clothing, and to exercise taste and economy in dress and in the decoration of her own room. She is not allowed to do any work unless suitably dressed for it, with all necessary buttons and hooks and eyes neatly sewed on and her clothing carefully mended.

## CLASSROOM COURSE OF STUDY

The actual classroom work in both sewing and cooking continues for four months each year throughout the first three years. There are two eighty-minute lessons each week. Sewing extends through the whole of the fourth year.

The first year is given entirely to hand sewing, as too much stress cannot be laid on this most important part of garment making. In this year, as in all succeeding years,

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the general appearance of the student is taken into account in giving the final marks for the term's work.

A girl is first taught basting, even and uneven running, back-stitch, and combination-stitch. Just as soon as she is able to do these well, she cuts out and makes an underwaist for herself. This gives her practice in garment cutting and in the use of many different stitches. The seams are flat fells, there is a bias facing around the armholes, five button-holes, featherstitching down the front, and a torchon edge and beading around the neck. The waist is made from Berkeley cambric, and right here is given a lesson in that most important subject of buying. The pupils are shown a chart containing samples of different cotton fabrics and are taught the price of each and for what it is suited. Later in the same year a talk on color is given, in which many samples are used, good and bad combinations of color and materials



A CLASS IN DRESSMAKING





DRAFTING DRESSES

made and talked over, also the harmony of the entire costume, and correct and healthful clothing for all occasions.

After the making of the underwaist come patching and darning, which are carried further in evening classes where all the girls bring their own clothing to mend and make over. Then comes the damask hem, and, if there is time, a small work apron with cross-stitch embroidery is made. At the Christmas season the pupils in all of the classes are allowed to make simple, inexpensive, and tasteful gifts.

In the second or Junior Middle year work on the sewing machine is commenced. The girls are taught to thread, clean, and oil machines of different makes, to use the tucker and ruffler, and to draft and make petticoats and drawers.

In the third or Senior Middle year they make nightgowns and baby dresses and are given patterns for an infant's entire outfit. Connected with these lessons is a simple talk on proper clothing for babies. During their Senior year, the girls are often called upon to assist in women's clubs in a neighboring settlement, where it is desirable for them to teach knitting and crocheting. Therefore, towards the end of their Senior Middle year, they are given the principal stitches of both knitting and crocheting and are taught to read directions for completed articles.

In the fourth or Senior year the work extends through the whole eight months. The students draft a pattern for a shirt waist and a seven-gored skirt. These are used first in making up crinoline models, any design desired being selected. With this inexpensive material, which is procured in pretty shades, much is taught in adapting plain patterns to almost any style of skirt or waist. Later the girls make a dress of gingham or percale in which they graduate.

The last part of the Senior year they spend in learning millinery—making a wire hat frame, covering it with straw braid, and trimming it in an inexpensive manner. Every girl makes a chart showing a design for a dress, samples of the material and trimmings, the amount and cost of each, and the cost of the entire dress, including hooks and eyes, buttons and thread.

It is impossible to place too much emphasis on the necessity of using numerous charts, pictures, and samples to illustrate the different points desired to be brought out. Both the good and the bad in color and design, in dress materials, and in wall papers are shown. Charts are used showing samples of desirable and undesirable laces, charts for household decoration and furnishing, and pictures of women and children in textile mills, sweat shops, and tenements. Homemade and ready-made garments, costing practically the same amount, are contrasted in order to show the finer texture and greater wearing properties of those made in the home.

There are occasional exhibits of collections of pictures showing the costumes of certain periods, industries connected with domestic arts, historic homes, and, in fact, anything bearing on the subject which will broaden the outlook of the pupils.

As practically all of the young women graduates will be expected to teach some sewing, they are obliged, during their Senior year, to write a paper describing a school, the condition of the people of the community, their attitude toward the school, especially toward the industrial work, and to make



out a course in domestic arts which they think would be fitted to these conditions.

In the spring of each year the girls are taught how to clean their hats by using a little ammonia in water and scrubbing them with a stiff brush, or, if sunburned, covering them with lemon juice and salt and then placing them in the sun to bleach. They freshen the ribbons by wet-



RENOVATING HATS

ting thoroughly, covering with tissue paper, and pressing with a hot iron; the flowers by pressing each petal on the wrong side and afterwards curling them over scissors. The pile of the velvet is steamed up from the wrong side by holding close to a wet cloth placed over a very hot iron.

#### ADVANCED SEWING COURSE

An advanced course is given to young women wishing to fit themselves especially for teaching Domestic Arts and

Domestic Science. This course includes the making of wool dresses and tailor-made suits, the making and covering of buckram hat frames, simple basketry from materials procured in the neighborhood, and practice teaching.

#### INDUSTRIAL SEWING DEPARTMENT

Many of the girls spend their work day in the Industrial Sewing Department, which was started for three reasons :

(1) To give practice to the girls in the various branches of simple sewing ;

(2) To help them financially by making it possible for them to earn money by their sewing ;

(3) To have the necessary sewing incident to a large institution done by the students.

This sewing includes bed linen, table linen, waitresses' aprons and caps, towels, book-bags, clothes-bags, etc. To give the girls experience in different kinds of work a few orders are taken for ladies' house-dresses, shirt waists, and underwear, children's clothes, and men's shirts.

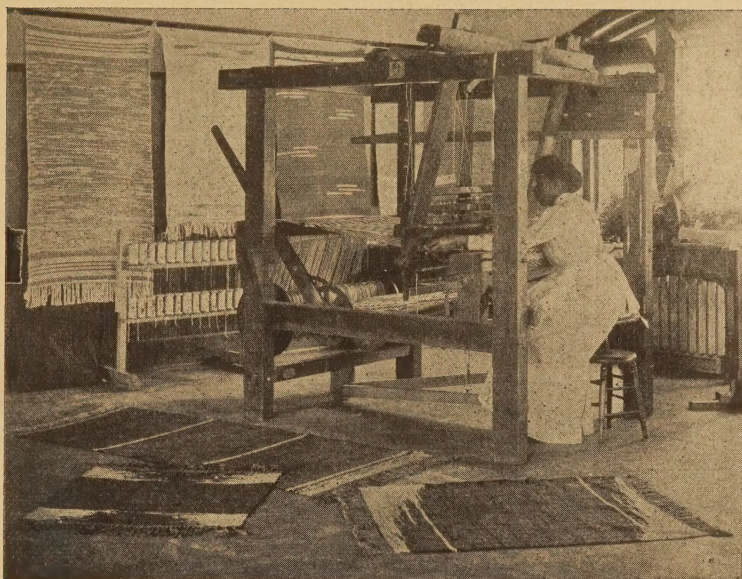
Girls are chosen for this department from the Domestic Arts classes according to their ability to do good work. Each class is represented, a different one each day. The girls are paid according to the kind of work done and not according to the amount accomplished. Much stress is laid upon neatness and accuracy.

Rug weaving is also done, the material for the rugs being hand dyed. Some dyeing is done for the girls, old dresses and waists thus being made to look like new.

#### DRAWING

The aim in the drawing classes is to develop good taste in matters of dress, homemaking, and school decoration. Plans are made for gardens and for the planting of home and school grounds. Rugs are designed and woven in the weaving department. Each girl plans a color scheme for a room in harmony with her rug, designing borders and patterns which she embroiders or stencils on curtains and cushions. Pictures are studied and due reference paid to their framing and placing in the home and school.





#### RUG WEAVING

#### CHEMISTRY

In chemistry the girl is taught the structure of cotton, wool, and silk fibers and the effect of acids and alkalies on these. This knowledge is applied to the washing of clothing and testing for the purity of fabrics. She is taught how to set the color in wash materials, how to test for fastness of color, to bleach, and how to remove spots and stains.

#### SOCIOLOGY

The course in sociology for girls is planned to show them the relation of the home and its activities, and of the income and its possibilities, to the whole community.

The study of the home brings out the following:

- (1) The duties of the home are to supply the state with population, to hand on intellectual and moral ideals, to maintain and improve industrial conditions.

- (2) The founding of the home should be by clean, healthy parents; therefore careful selection of husband and wife are necessary.
- (3) Divorce is on the increase, threatening home and national ideals, and should therefore be considered a menace.
- (4) The location of the home is important.
  - a—Sanitation problems of water, refuse disposal, and drainage, should guide the choice.
  - b—The condition of church, school, neighbors, roads, should be regarded and improved.
  - c—Agricultural banks, building and loan associations, and co-operative agencies, can help in the acquiring of a home.
- (5) The health of the home is discussed from the point of view of
  - a—Maintaining the earning power. Sickness means no work, no work means no money, no money means no power to keep health, and then comes poverty.
  - b—Responsibility in protecting the neighborhood from infection.
  - c—The use that can be made of state and county aid in learning how to prevent and how to handle disease.
 

(The Negro death rate is discussed, and also the prevalence of certain diseases and their remedies.)
- (6) Recreation in the home and neighborhood is considered valuable and necessary for both children and adults. It has power to develop
  - a—The physical body, through exercise
  - b—The mental nature, because it teaches alertness, concentration, etc.
  - c—The moral nature, because it develops fairness, honesty, truthfulness, and regard for one another.



Group games are shown to do this better than pair games, and games for old and young better than games for boys and girls by themselves. Out-of-door games are to be preferred. Recreation is dangerous when it is so emotional and nerve-exhausting as to lose the gain points a, b, c.

From the study of incomes we learn

A—Concerning Negro conditions,

- (1) that the majority of Negro workers live on farms;
- (2) that the yield per agricultural worker is about \$147 in South Carolina, about \$150 in Alabama;
- (3) that the family income in the majority of Negro families is about \$300.

B—According to Engel's Law,

- (1) that, when an income is about \$300, \$186 is spent for food, \$48 is spent for clothing, \$51 for fuel, light, rent, and \$15 for all else;
- (2) that, as the income increases, the proportion for food decreases and the proportion for general things increases.

Therefore, to get money for education, and for bodily and mental comforts, the income must be increased. To increase the income the Negro laborer must be more efficient. To become more efficient the Negro must be educated to use his head, his hand, and his heart, for efficiency comes from an intelligent mind, a skillful hand, and a purposeful heart.

Ninety-five per cent of the income is controlled by the women, therefore the education of the girls in home activities is most necessary. The standard of living cannot be improved without increasing the earning power of the family.

## SUGGESTIONS FOR TEACHERS

More and more it is coming to be realized that the actual mechanical work is but a small part of what a good course in Domestic Arts should include. While it is *most* important that this mechanical part be done well and that the standard should be high, the students must also be taught the fundamentals of economical buying and dressing, the care of clothing, and the artistic side of the subject. Samples of different materials and colors will help much along these lines.

No better opportunity can be afforded for teaching order and neatness than a sewing class. First and foremost, clean hands should be insisted upon. Care should be taken to have the work folded neatly and put away carefully. A cabinet for sewing materials may easily be made by the boys from a dry-goods box. All scraps should be gathered up from the floor and tables so that the room is in as good order after the lesson as before. One pupil might be appointed for each week to inspect the room at the end of the lesson. An effort should be made throughout the whole course in sewing to cultivate a sense of beauty and proportion, and to have each article, no matter how plain it may necessarily be, as nearly perfect as possible in these respects.

All work in Domestic Arts must be adapted to the conditions of the school in which it is taught and the needs of the pupils to whom it is taught; therefore a study of the community should be a teacher's first duty. She should know her children, their families, and home life, and make friends with them.

In the technical part of the work every article should be of actual use and as many full-size garments made as possible. The materials for these and the trimmings are most important, and careful selection should be made of proper materials and especially of laces and embroideries.

Beware of too much fancy work, and let what you have be useful and in good taste. Lessons on the principal stitches





THE HAMPTON INSTITUTE EXHIBIT AT THE FARMERS' CONFERENCE



A COUNTY-SCHOOL EXHIBIT AT THE CONFERENCE

in knitting and crocheting will enable the pupils to make many useful articles. In embroidery, featherstitching, French knots, hemstitching, cross-stitch, the satin stitch, and a few others, will make it possible to decorate their clothing and articles for the home.

Manila paper for drafting: 40 x 48 for skirts, 36 x 40 for shirt waists, drawers, sleeves: 24 x 36 for yokes, may be procured from nearest printing office.

At a recent Hampton Farmers' Conference the Domestic Arts Department made the following exhibit: A model sewing classroom, fitted with desks and seats, sewing bags for the work, a hand-sewing machine, costing \$7.00, a black-board showing a diagram for a running stitch (the lesson for the day,) and a simple, homemade sewing cabinet, teacher's table, chair, and burlap-covered sewing frame for demonstrating stitches. In this same exhibit were models, on a small scale, of well-furnished and inexpensive rooms—a living-room, with an estimated cost of \$16.95 for furnishings; a dining-room, \$16.80; a bed-room, \$14.20; a kitchen, \$19.50. Total for four rooms \$67.45.

#### HINTS ON DRESS\*

These hints on dress are also published in a small pamphlet which is sent to each girl with the card admitting her to Hampton Institute.

#### SELECTION OF CLOTHING

In selecting a hat, waist, skirt, etc. the following points should be considered:

(1) The color of other garments with which it is to be worn. Example—Do not buy a pink waist to wear with a red skirt.

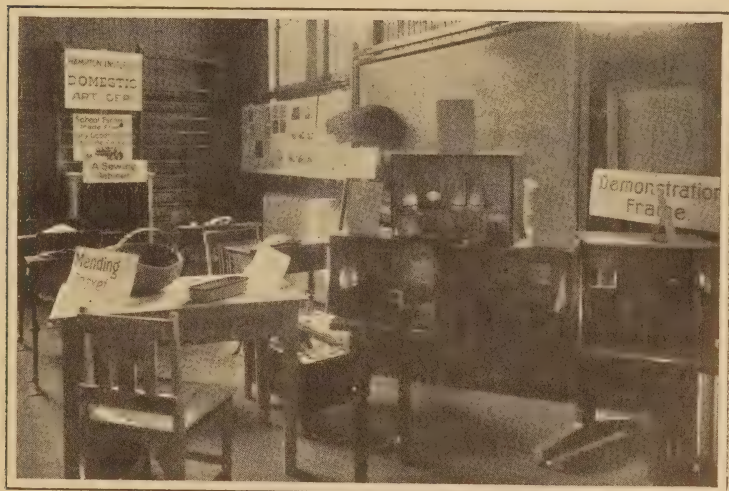
(2) Where it is to be worn—at home, to church, on the street, etc.

\* Thanks are due to Miss Cleo Murtland, author of "What a working girl can do on \$6.00 a week" and to Miss Anita M. Earl, Miss Winchell, and Miss Gardner, authors of "What was the matter with Mary's last dress?" for their courtesy in allowing material from their pamphlets to be used.



- (3) Whether it is inconspicuous and in good taste
- (4) Whether it will wear well ; whether it will fade or shrink
- (5) Whether it is becoming
- (6) Its cost

In buying a coat or suit it is always more economical to get the best one can afford, even if it is necessary to wait and save money for some time. Buy between seasons, if possible, when prices are reduced.



SEWING-ROOM FURNITURE MADE FROM DRY-GOODS BOXES  
MODELS OF ROOMS INEXPENSIVELY FURNISHED

Much money may be saved by making underclothes. Nine-cent muslin or eleven-cent cambric will wear well. A white petticoat and nightgown may be made for fifty or sixty cents each, drawers for twenty cents, corset-covers with torchon-lace edge for twenty-five cents.

Simple clothes look better, last longer, and are less expensive than fussy ones.

Before buying material for a dress, procure a sample and test for the following :

Will it fade or shrink ?

Will it spot when wet by the rain ?

Is there more cotton than wool ?

Will it look as glossy and fine after washing as before ?

#### FOR FADING AND SHRINKING

Expose part of the sample to the sun for several days.

Wash thoroughly.

Compare with original sample for change in color and size.

Set the color with salt and water before washing. Use one cup of salt to one gallon of water.

Do not dry in the sun.

If possible shrink material before making up, otherwise allow for shrinking.

#### FOR SPOTTING WITH WATER

Sprinkle sample with water and see if it spots. Material which spots should be sponged before making up.

#### TO TEST FOR WOOL

Ravel a few threads and burn. If there is a bad odor they are of wool.

#### FOR GLOSSINESS

Wet material and rub between fingers ; does it look as glossy as before ?



## SUGGESTIONS FOR CLOTHING FOR SCHOOLGIRLS

(Based on prices in Hampton, Virginia)

Undervests (summer) (6)	- - - - -	\$ .10
Undervests (winter) (4)	- - - - -	.25
Drawers, homemade (4)	- - - - -	.20
White petticoats, homemade (2)	- - - - -	.50
Nightgowns, homemade (3)	- - - - -	.55
Underwaists, homemade (4)	- - - - -	.25
Gingham petticoats, homemade	- - - - -	.40
Short flannel petticoats, homemade (2)	- - - - -	.35
Plain shirt waists, homemade (6)	- - - - -	.40
White percale dress skirt, homemade	- - - - -	.45
Gingham dress, homemade	- - - - -	1.00
Muslin dress, homemade	- - - - -	1.50
Gingham aprons, homemade (4)	- - - - -	.18
White aprons, homemade (2)	- - - - -	.30
Stockings (4 prs.)	- - - - -	.25
Low shoes	- - - - -	2.50
High shoes	- - - - -	3.00
Corset	- - - - -	.50
Hat	- - - - -	1.00-2.00
Wool skirt	- - - - -	3.00
Suit	- - - - -	12.50
Rain-coat	- - - - -	3.00
Rubbers	- - - - -	.60
Collars (4)	- - - - -	.10
Handkerchiefs (12)	- - - - -	.10
Gloves, lisle	- - - - -	.25
Gloves, wool	- - - - -	.25
Belts, neckties	- - - - -	

## WHAT A WELL-DRESSED GIRL WEARS TO SCHOOL

Neat, plain, shirt waists.

Plain, well-made, cotton or wool dresses. Plain, short wool skirt.

Good material will last longer and prove more economical in the end.

Clean, plain, well-mended, durable underwear. If trimmed, use cambric ruffles, lace, or embroidery of good quality, Torchon lace wears well and is cheap.

Clean collars and neckties.

Neckties and belts should either match or harmonize with skirt or waist.

Hair neatly and becomingly dressed, not extreme.

Clean hands and finger nails.

Plainly trimmed hat.  
 Plain, serviceable coat.  
 Neat comfortable shoes.  
 Neat gloves.  
 Old gloves and shoes are neat when carefully mended.

#### WHAT A WELL-DRESSED GIRL DOES NOT WEAR TO SCHOOL

Elaborate shirt waists or dresses  
 Jewelry  
 Low shoes and thin stockings in winter  
 Bright, gay colors  
 Petticoats longer than dress skirt  
 Dusty, spotted clothes  
 Fussy neckwear  
 Soiled shirt waist and collar  
 Dresses or underwaists cut too low  
 Too short sleeves in winter  
 Coats, dresses, skirts, or waists whose buttons or hooks and eyes are lacking  
 Holes in stockings  
 Safety pin showing beneath the belt

#### SUGGESTIONS FOR THE CARE OF CLOTHES

Mend your clothes as soon as they are torn and before they are washed.

Air your clothes before putting them away.

Hang up your clothes carefully.

Sponge and press woolen dresses, skirts, and coats.

Keep all buttons and hooks and eyes carefully sewed on.

When skirt bands wear out put on new ones.

Keep skirt braids sewed on.

The skirt of an old dress may be ripped, washed, and made into a petticoat.

Put new ruffles and facings on old petticoats.

Keep your corsets clean. Remove the bones, wash and dry the corset, replace the bones, and bind the top.

An old sheet or nightgown may be made into a bag in which to keep your best dresses.

Darn your stockings.

Keep your shoes clean and nicely polished. If the toes are stuffed with paper when not in use they will keep their shape better.



Keep your gloves clean, mended, and with buttons sewed on.

Put your gloves away neatly.

Wash your own ties, fancy collars, and jabots.

Make jabots from pieces of lawn and lace left over from waists and dresses.

Keep your hats well brushed.

Keep your hat in a box, pillow-slip, or paper when not in use.

On a stormy day put a veil over your hat.

When your hat becomes shabby and dusty, take off the trimming, clean the hat with ammonia and water, or if white and sunburned, use lemon juice and salt.

Steam up velvet. Dampen thoroughly and press ribbon. Press flowers. Re-trim hat and put in fresh lining.

A coat will keep its shape much longer when kept on a hanger.

#### FURNISHED WORKBAG

1 paper needles, assorted sizes	4 doz. porcelain buttons (two sizes)
1 spool white thread (70)	1 doz. pearl buttons
1 spool black thread (70)	1 thimble
1 spool black darning cotton	1 pair scissors
1 spool white darning cotton	1 tape measure
1 card white hooks and eyes	1 emery
1 card black hooks and eyes	1 needlebook
1 piece black tape	1 darning ball
1 piece white tape	1 roll of white pieces

The following books and magazines are recommended:

Domestic Art in Woman's Education: Anna M. Cooley. Published by Charles Scribner's Sons, New York. Price \$1.25

Textiles and Clothing: Kate Heintz Watson. Published by the American School of Home Economics: Chicago. Price \$1.10

The Dressmaker: Butterick Publishing Company, New York City. Price \$.50

The House: Isabel Bevier. Published by the American School of Home Economics, Chicago. Price \$1.00

Chemistry of the Household: Margaret E. Dodd. Published by the American School of Home Economics, Chicago. Price \$1.00

*The Delinator*: Butterick Publishing Company, New York City  
Price, \$1.50 per year.

*The Woman's Home Companion*: Crowell Publishing Company,  
381 Fourth Avenue, New York. Price \$1.50 per year

*The Modern Priscilla*: Priscilla Publishing Company, Boston,  
Mass. Price, \$1.00 per year

*The Ladies Home Journal*: The Curtis Publishing Company,  
Philadelphia, Pa. Price, \$1.50 per year

*The Journal of Home Economics*: American Home Economics  
Association, Roland Park Branch, Baltimore, Md. Price, \$3.00 per year

#### FARMERS' BULLETINS

The Carpet Beetle or Buffalo Moth, No. 5—United States Department of Agriculture, Washington, D. C.

The True Clothes Moth, No. 36—United States Department of Agriculture, Washington, D. C.

#### GAME BOOK

Social Plays, Games, Marches, Folk Dances and Rhythmic Movement—Government Printing Office, Washington, D. C.

Apply to Superintendent of Documents. Price, 10 cents

#### HAMPTON LEAFLETS

Domestic Arts at Hampton Institute, Vol. III, No. 3.

The Story of Cotton, Vol. IV, No. 4

Sewing Lessons for Rural Schools, Vol. VI, No. 1

Manual Training in Rural Schools, I, Vol. III, No. 6

Manual Training in Rural Schools, II, Vol. VI, No. 4

Community Clubs for Women and Girls, Vol. VI, No. 8

Hampton Leaflets are sent free to Southern teachers on request; to others they are 5 cents each, 50 cents per dozen, \$3.00 per hundred.

#### ADDRESSES

For recent publications on Home Economics,

Whitcomb and Barrows, Huntington Chambers, Boston, Mass.

For clubbing rates for magazines: W. H. Moore, Brockport, N. Y.